

FITNESS EVALUATION TEST RESULTS # 1					
Name: James Bond			Date: January 25, 2003		
Age: 25	Weight: 138 Lbs.	Sex: Female	Height: 5 Feet	10	Inches
<div> <div>Body Composition</div> <div> <div> <div>Body Mass Index (BMI): 19.8</div> <div>Normal</div> </div> <div> <div>Estimated BMI Body % Fat: 22.20%</div> <div></div> </div> <div> <div>Bioelectrical Impedance (BIA): 14.8 % Fat</div> <div>20.5 Lbs. Fat</div> </div> <div> <div>Waist-To-Hip Ratio (WHR): 0.70</div> <div>Normal</div> </div> <div> <div>Seven Site Skin Fold % Body Fat: 20.25%</div> <div></div> </div> <div> <div>Body Composition Percentile: 60%</div> <div></div> </div> </div> </div>					
<p><i>*7-Site Skin Fold is the most accurate way for determining body fat percentage in the fitness facility setting; BIA and BMI are methods for illustrating comparison (not considered accurate). BIA is a simple and easy way for anyone to determine effectiveness with their program.</i></p>					
<div> <div>Upper & Lower Body Strength</div> <div> <div> <div>Upper Body 1 Rep Max Test: 0 Lbs.</div> <div></div> </div> <div> <div>Estimated Upper Body Max: 103 Lbs.</div> <div></div> </div> <div> <div>Upper Body Strength Percentile: 70 %</div> <div></div> </div> <div> <div>Lower Body 1 Rep Max Test: 0 Lbs.</div> <div></div> </div> <div> <div>Estimated Lower Body Max: 287 Lbs.</div> <div></div> </div> <div> <div>Lower Body Strength Percentile: 90 %</div> <div></div> </div> </div> </div>					
<div> <div>Cardiovascular (VO2max) Power</div> <div> <div> <div>Estimated Aerobic (VO2) SubMax: 40.33 mL/kg/min</div> <div></div> </div> <div> <div>Type of SubMax or Max Test Performed: Rockport 1-Mile Walk Test</div> <div></div> </div> <div> <div>Aerobic (VO2) Max: 0.00 mL/kg/min</div> <div></div> </div> <div> <div>Non-Exercise VO2 Estimated Potential: 31.89</div> <div></div> </div> <div> <div>Cardiovascular (VO2) Percentile: 70%</div> <div></div> </div> <div> <div>Resting Heart Rate: 64 Beats Per Minute</div> <div></div> </div> <div> <div>Blood Pressure: 0 / 0 mmHg</div> <div></div> </div> <div> <div>Target Heart Rate Range: 130 To 162</div> <div></div> </div> <div> <div>MET Level Range: 5.8 To 8.6</div> <div></div> </div> </div> </div>					
<p><i>*VO2 is the body's aerobic ability to maximize oxygen during exercise to create aerobic power. Compare the non-exercise estimate with actual.</i></p>					
<div> <div>Sit-N-Reach Flexibility Test:</div> <div> <div> <div>Maximal Sit-N-Reach Achieved: 19 1/4 inches</div> <div></div> </div> <div> <div>*The flexibility test is designed to determine lower back and hamstring flexibility.</div> <div></div> </div> <div> <div>Flexibility Percentile: 50%</div> <div></div> </div> </div> </div>					
<div> <div>Personal Goals:</div> <div> <div> <div>1. legs definition with hams</div> <div></div> </div> <div> <div>2. arms growth</div> <div></div> </div> <div> <div>3. abs "six pack"</div> <div></div> </div> <div> <div>4. shaplier butt</div> <div></div> </div> </div> </div>					
<p>Fitness Evaluation and Testing was performed by:</p> <p style="text-align: center;">J.C. Glasgow, C.P.T.</p>					
<div> <div>Workout Commitment: # Days Per Week: 5 # Hours Per Day: 2+</div> <div></div> </div>					

FIGURE 1

FIGURE 2

General Information			
Name:	Pocket Trainer		Date: 2/14/03
Age:	25	Years	
Weight:	138	Lbs.	Height: 5 Feet 10 Inches
Sex:	f	M or F	
Race:	w	W = white, B = black, H = hispanic, A = asian, I = indian	
Body Composition			
Bioelectrical Impedance (BIA):	% Fat: 14.8	Fat Lbs.: 20.5	
Blood Pressure:	0 / 0	mmHg	*(if applicable)
Resting Heart Rate:	64	Beats Per Minute (BPM)	*Required
Waist-To-Hip Ratio (WHR) Measurement:	Waist (in): 25 3/8	Hips (in): 36 1/8	
Skin Fold Body Fat% Measurement: 3 or 7 Site			
Chest:	(Men 3-Site)	17 mm	17 mm
Axilla:		16 mm	15 mm
Triceps:	(Women 3-Site)	12 mm	13 mm
Subscapular:		12 mm	10 mm
Abdominal:	(Men 3-Site)	18 mm	18 mm
Suprailiac:	(Women 3-Site)	11 mm	11 mm
Thigh:	(Men / Women 3-Site)	22 mm	23 mm
Upper & Lower Body Strength Max Testing			
Upper Body 1 Rep Max Test (Bench Press):	Wgt:	0	
Lower Body 1 Rep Max Test (Leg Press):	Wgt:	0	
Upper & Lower Body Strength SubMax Testing			
Upper Body Repetition Test (Chest Press):	# Reps:	9	Wgt: 80
Lower Body Repetition Test (Leg Press):	# Reps:	10	Wgt: 215
Cardiovascular (VO2) Power SubMax & Max Testing			
1-Mile Walk VO2 SubMax Test:	15 minutes	19 seconds	End HR: 142
Queen's College Step Test SubMax:	Post Test Heart Rate:	0 bpm	
Y.M.C.A. Cycle SubMax Test:	Stage #:	0	Work Rate (Resistance): 0
	HR Readings during Final Stage:	0 to 0	
4-Minute Treadmill Walk Test:	Heart Rate:	0 bpm	Speed: 0 rpm
Bruce Maximal Treadmill Test:	Time:	0 minutes	0 seconds
Storer Maximal Cycle Ergometer Test:	Max Watts:	0	
Sit-N-Reach Flexibility Test:			
1st Measurement (in):	17 1/2	2nd Measurement (in):	19
3rd Measurement (in):	19 1/4		
Personal Goals:			
1. <i>legs definition with hams</i>			
2. <i>arms growth</i>			
3. <i>abs "six pack"</i>			
4. <i>shaplier butt</i>			
Current Activity Level:	0	Code Range: (0 - 7)	
Workout Commitment:	# Days Per Week: 5	# Hours Per Day: 2+	
Personal Trainer:	J.C. Glasgow, C.P.T.	Evaluation #:	1

Graph	Evaluation Example		
	1	2	3
BF%	20	20	16
UB Max	103	125	165
LB Max	287	350	400
VO2	40	44	48

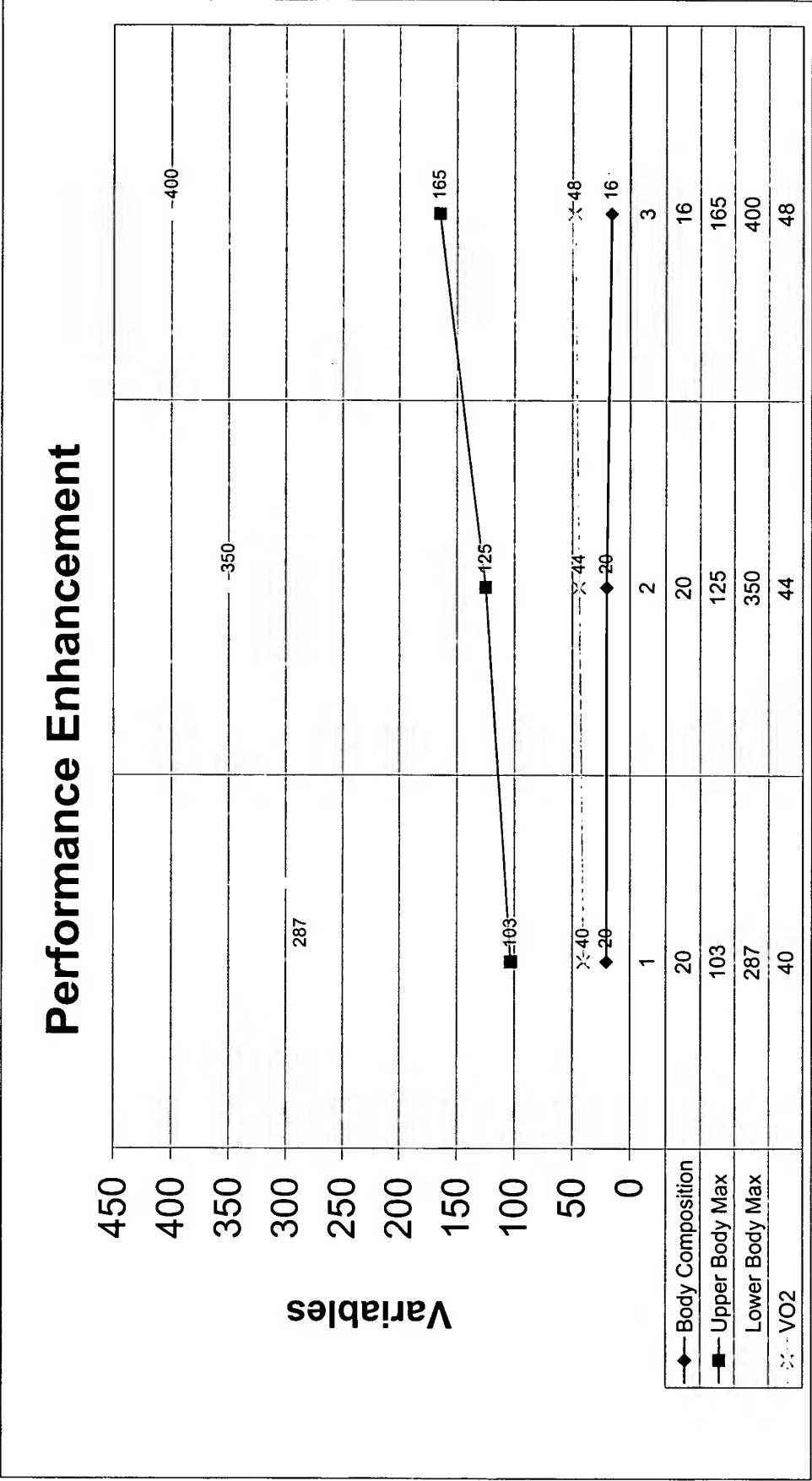


FIGURE 3